

**CLAIMS**

What is claimed as being new and desired to be protected by Letters Patent of the United States is as follows:

5 1. A figure eight shaped exercise device comprising:

a first hoop-like member having a handgrip attached to the first hoop-like member; and

a second hoop-like member attached to the first hoop-like member.

10 2. The device described in Claim 1 further comprising an arm engagement pad attached to the second hoop-like member.

15 3. The device described in Claim 1 wherein the handgrip is rotatively attached to the first hoop-like member.

4. The device described in Claim 1 wherein the handgrip is made of foam rubber.

20 5. The device described in Claim 1 wherein the handgrip is made of wood is selected from the group consisting of oak, pine, ash, poplar, elm, maple, black locust, fir, and cedar.

25 6. The device described in Claim 1 wherein the handgrip is made of plastic selected from the group consisting of polyurethanes, polyacryls, polymethacryls, cellulosic polymers, styrene-acryl copolymers, polystyrene-polyacryl mixtures, polysiloxanes, polyesters, urethane-acryl copolymers, siloxane-urethane copolymers, polyurethane-polymethacryl mixtures, silicone-acryl copolymers, vinyl acetate polymers, and mixtures thereof.

7. The device described in Claim 1 wherein the handgrip is made of metal.

30 8. The device described in Claim 7 wherein the metal is composed of material selected from the

group consisting of aluminum, tin, copper, iron, nickel, manganese, titanium, carbon steel, galvanized steel, brass, bronze and mixtures thereof.

9. The device described in Claim 7 wherein the handgrip has a mass of at least one pound.

10. The device described in Claim 1 wherein the handgrip is made of leather.

11. The device described in Claim 1 wherein the first and second hoop-like members are made of a stretch fiber cloth material.

12. The device described in Claim 1 wherein the first and second hoop-like members are made of fabric selected from the group consisting of cotton, wool, nylon, polyester, polypropylene, polyurethane, and admixtures thereof.

13. The device described in Claim 1 wherein the first and second hoop-like members reflect at least 20 % of the incident light shone on the first and second hoop-like members.

14. The device described in Claim 1 wherein the first and second hoop-like members fluoresce, thereby the first and second hoop-like members are capable of glowing at night.

15. The device described in Claim 1 wherein the arm engagement pad is slidably attached to the second hoop-like member.

16. The device described in Claim 1 wherein the arm engagement pad is made of leather.

17. The device described in Claim 1 wherein the arm engagement pad is made of foam rubber.

18. The device described in Claim 1 wherein the arm engagement pad is made of plastic selected from the group consisting of polyurethanes, polyacryls, polymethacryls, cellulosic polymers, styrene-acryl copolymers, polystyrene-polyacryl mixtures, polysiloxanes, polyesters, urethane-

acryl copolymers, siloxane-urethane copolymers, polyurethane-polymethacryl mixtures, silicone-acryl copolymers, vinyl acetate polymers, and mixtures thereof.

19. A figure eight shaped exercise device consisting:

a first hoop-like member having a handgrip attached to the first hoop-like member; and

a second hoop-like member attached to the first hoop-like member, the second hoop-like member having an arm engagement pad.

20. A method of using a figure eight shaped exercise device, said method comprising:

obtaining the figure eight shaped exercise device consisting:

a first hoop-like member having a handgrip attached to the first hoop-like member; and

a second hoop-like member attached to the first hoop-like member, the second hoop-like member having an arm engagement pad;

inserting a user's arm through the second hoop-like member of the device until the upper section of the user's arm is positioned within the second hoop-like member of the device;

slipping the lower section of the user's arm through the first hoop-like member of the device;

adjusting the arm engagement pad of the device around the back portion of the upper section of the user's arm;

gripping the handgrip of the device with the hand of the user's arm, wherein the steps of

inserting, clipping, adjusting and gripping steps constitute wearing the device;

suspending the user's arm bent at an angle between about 35 degrees to 150 degrees while wearing the device;

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walking while wearing the device;

jogging while wearing the device; and

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running while wearing the device.